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SALUTING OUR FALLEN DEFENDERS

POLICE AND PEACE OFFICERS HONOUR THOSE KILLED IN THE LINE OF DUTY PAGE 3

The Roughriders' Geroy Simon makes a catch during a warmup before the game against the Alouettes on Sunday in Montreal. GRAHAM HUGHES/THE CANADIAN PRESS

Geroy crowned while Riders continue skid

Mixed emotions. Simon becomes CFL's all-time king of receptions but leaves game dissatisfied

The losing skid continued for the Saskatchewan Roughriders Sunday in Montreal.

Led by CFL tackles leader Chip Cox, the Montreal Alouettes held the slumping Roughriders to 15 yards on the ground, picked off three Darian Durant passes, sacked him four times and stuffed a third-and-one attempt on the goal line in their 17-12 victory on Sunday.

Duron Carter scored the only touchdown for Montreal (5-8), which ended a three-game losing run. Weston Dressler had the lone TD for the Roughriders (8-5), who lost their fourth game in a row.

The highlight for the visitors came about 10 minutes into the opening quarter, when slotback Geroy Simon made history by hauling in his 1,018th career reception, breaking the record of former Alouette Ben Cahoon. He ended the game with 1,020.

A message of congratulations from Cahoon was shown on the scoreboard, but the Riders will wait until they are at home Oct. 12 to celebrate his feat.

Simon was in no mood for that after the game.

"We're just not executing now," the 15-year veteran said. "The defence is holding up their part of the bargain by holding them to minimal points, but I can only speak for the offence.... We're just not making plays we need to make." THE CANADIAN PRESS

Twitter

@PrairieDawn74
@geroysimon. You are a playmaker and a true gentleman. Congratulations from all of #Ridernation and from anyone who loves the #CFL

@ChristieBuono
Congrats to @geroysimon.... Couldn't be happier for you! #GOAT #HardWorkPaysOff #Superman

@AustinPlayter
Congratulations to Geroy Simon. I may not agree with signing him this off season, but still thats an impressive accomplishment. #Riders

@JosueUrbina1
Congratulations to @geroysimon ... Great to see you do it in green and white!

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Bengough

Man dies after vehicle rollover

A 34-year-old man is dead after a single-vehicle rollover Saturday afternoon on a grid road, 20 kilometres south of Bengough.

RCMP said there were three passengers, and one female passenger was transported to Regina with undetermined injuries. The RCMP forensic collision reconstruction unit assisted with the investigation.

As of press time, police had not released the name of the deceased.

MARCO VIGLIOTTI/METRO

Whitewood area

Air ambulance called to scene of collision

The STARS air ambulance was called to the scene of a two-vehicle collision Saturday on Highway 9, just north of Whitewood, that left one man stuck inside the reportedly stolen van he was driving.

RCMP said that the van was travelling northbound when it collided with a southbound pickup truck.

The man driving the van was wedged inside the vehicle before being extracted by emergency responders.

The driver of the truck was not seriously injured.

Shortly after the collision, police determined the van had been stolen from a business in Whitewood.

The investigation is ongoing and charges are pending.

MARCO VIGLIOTTI/METRO

Fallen service members honoured

Police and peace officers. Regina's tribute included a reading of names of those who have died in the line of duty

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Police and peace officers from across Saskatchewan gathered outside the provincial legislature on Sunday to pay tribute to their counterparts who died in the line of duty.

The event was part of a nationwide memorial day honouring fallen police and peace officers, now in its 10th year.

"Police and peace officers across the country, joined by friends and families, take time out of their busy lives to reflect, remember, honour and pay tribute to sister and brother officers who have fallen in the line of duty," said Saskatoon Police Service Staff Sgt. Grant Obst, an event organizer, at Sunday's memorial.

Special guests, including the province's lieutenant-governor, Vaughn Solomon Schofield, and Regina Police Chief Troy Hagen, hung wreaths outside the legislature building, while organizers read out loud every name on the province's "Honour Roll," which lists police and peace officers who had fallen in the line of duty while serving in Saskatchewan.

Schofield said the fallen officers left behind "loved ones who will miss them terribly" and "left a hole in our province that will never be filled."

"We celebrate their contributions in life, we remember them in death and we pledge to honour their memories," she said. "We are all diminished when an officer dies."

The most recent name added to the list was Justin Knackstedt, a conservation officer who was struck and killed by a vehicle in June 2013 as he assisted RCMP with traffic control on Highway 11, just south of Saskatoon.

Blaine Thomas Taypotat has been charged with manslaughter in connection with Knackstedt's death.

Knackstedt was 23 years old.

Quoted

"We are all diminished when an officer dies."

Lt.-Gov. Vaughn Solomon Schofield

Eleven-year-old Kayleb Pineo and his mother, Natasha, son and widow of RCMP Const. Derek Pineo, attend the Canadian Police and Peace Officers Memorial Service on Parliament Hill in Ottawa on Sunday. Const. Pineo was killed in the line of duty in Saskatchewan on July 20, 2012. FRED CHARTRAND/THE CANADIAN PRESS

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Russia

Pussy Riot member moved to prison hospital, husband says

The husband of a member of Russian punk group Pussy Riot says she has been moved to a prison hospital on the seventh day of a hunger strike.

Nadezhda Tolokonnikova began the hunger strike on Sept. 23 to protest what she described as inhumane working conditions and threats to her life.

Her husband, Pyotr Verzilov, told the Interfax news agency that she was hospitalized Sunday.

Tolokonnikova's lawyers have been barred from speaking to or visiting her since Thursday, heightening concerns about her condition. THE ASSOCIATED PRESS

England

30 rescued near U.K. Parliament after tour boat catches fire

London authorities say they have rescued 30 people from the River Thames after a Duck Tour boat caught fire near the Houses of Parliament.

Police and fire services said in statements that the boat carried 28 tourists and two crew members. Many of the tourists jumped into the river after the blaze broke out Sunday, but passing boats rescued them.

A woman and a child were taken to the hospital due to suspected smoke inhalation. Other passengers were seen warming themselves with tea by the riverside.

THE ASSOCIATED PRESS

Tourism

Canada planning trusted-traveller program with the Netherlands

Canadian and Dutch citizens would be able to visit each other's countries more easily under a plan to expand Canada's trusted-traveller programs beyond North America.

Canada and the Netherlands have been negotiating a bilateral agreement that would allow their citizens to apply to each other's programs for travellers considered to be a low security risk, records show.

The initiative would be modelled on the current Nexus travellers program between Canada and the United States, the Canada Border Services Agency records say.

THE CANADIAN PRESS

Canadians in Egypt ordered detained for another 45 days

Time for PM to get involved? Families of Tarek Loubani and John Greyson planning their next step after disappointing news

MIKE DONACHIE
Metro in London, Ont.

The families of London, Ont.'s Tarek Loubani and Toronto's John Greyson were "disappointed" to hear the men's detention in Egypt had been extended for another 45 days.

But, following a statement Friday by the country's attorney general that more investigations were needed, they were not surprised.

Greyson's sister, Cecilia, told Metro the Canadians, who have not been charged with any crime, are tired but physically OK, based on what their lawyers have said.

Although grateful for the help from the Canadian government, including direct representations by foreign minister John Baird, Greyson's family wants help to be stepped up.

"We need to continue to ask the Canadian government to continue the work it's already been doing, talking to Egyptian officials and asking for their release," said Cecilia Greyson. "The Minister of Foreign Affairs has been very concerned about the case.

Minister Baird spoke to the Egyptian foreign minister on a couple of occasions this week.

"It may be time now that Prime Minister Harper talk to his Egyptian counterpart," she added.

The families are planning their next step, after talking to their lawyers.

Supporters of Tarek Loubani and John Greyson have been wearing buttons to draw attention to the case. ANGELA MULLINS/METRO

Tineline

- **Aug. 15:** Tarek Loubani and John Greyson arrive in Cairo., taking supplies to a hospital in Gaza.
- **Aug. 16:** Loubani, a doctor, treats injured protesters in Ramses Square, while Greyson films events there. They're arrested while asking for directions at a police station.
- **Aug. 20:** A prosecutor alleges they were involved in planning an attack on a police station. No charges have been laid.
- **Sept. 16:** Greyson and Loubani begin a hunger strike in protest.
- **Sunday:** Forty-five days after their arrest, the men hear their detention has been extended by 45 more days.

IOC 'reassured' Russian law won't affect gay athletes

Actress Ino Menegaki, as high priestess, lights the Olympic flame at Ancient Olympia in Greece on Sunday, where organizers carried out a successful ceremony for the 2014 Sochi Winter Olympics. DIMITRI MESSINIS/THE ASSOCIATED PRESS

New IOC president Thomas Bach said Sunday he had received assurances from senior Russian officials and organizers that an ongoing controversy over the country's treatment of gays will not affect athletes at the 2014 Winter Olympics in Sochi.

Russia has come under international criticism from human-rights and gay groups after passing legislation outlawing the promotion of homosexuality.

Bach said he again raised the issue with Sochi organizers while attending the Olympic flame lighting ceremony at Ancient Olympia in southern Greece.

"The task of the IOC is to ensure the application of the Olympic Charter at the Olympic Games and for all the participants of Olympic Games. That means we have to ensure a policy of non-discrimination at all levels, for all athletes and for all other participants," Bach said in brief remarks after the ceremony.

"We have the assurances of the highest authorities in Russia, and yesterday I spoke with the Russian delegation here in Olympia again and they reassured us that the Olympic Charter will fully apply for all the participants of the Games."

Gay rights for both athletes and spectators have been a constant issue for organizers of the Russian Games, and police security was tight at Sunday's ceremony but no protest groups were present at the small southern Greek town.

THE ASSOCIATED PRESS

Protest

In Athens, gay Greek activist Zak Kostopoulos said protests against Russia were not aimed at the Games.

- "Of course this has nothing to do with the athletes and (protests) should not affect the sporting events in any way," Kostopoulos said, speaking by telephone.

Charles Dickens' third son was an Alberta Mountie

Lesser Expectations.
Author of a new book on Dickens's son says the great writer wasn't much of a father

Charles Dickens was one of England's greatest writers during the 19th century, but he wasn't much of a father, and that may have had an impact — even a small one — on Canadian history, says the author of a new historical novel that focuses on the younger Dickens's life as a Mountie.

Veteran journalist Vic Parsons of Victoria, B.C., recently self-published Lesser Expectations: Charles Dickens' Son in North America, which explores the father-son dynamic between the respected writer and his third son and fifth child, Francis.

Based on years of research, including time in the national archives in Ottawa, Parsons said he has concluded Dickens wasn't a great dad and only two of his sons, excluding Francis, likely ever met his great expectations.

Parsons said he believes because of that poor relationship, Francis grew into a man who was reticent to take charge, especially as a commissioned officer in the North West Mounted Police.

He had joined the North West Mounted Police, the precursor to the Royal Canadian Mounted Police, in 1874 after time in India with the Bengal Mounted Police. He died at 42. A tombstone over the grave of Francis gives his regimental number, rank and says: "Third son of ... Charles Dickens." THE CANADIAN PRESS

Francis Dickens

"What I've tried to do ... is to try to say, you know, this was kind of a guy who came from greatness in a sense ... that Charles was a very popular writer, well known, and his children never ... led up to his own expectations."

Journalist Vic Parsons of Victoria, B.C., recently self-published Lesser Expectations: Charles Dickens's Son in North America.

Trial set to begin for accused in 2007 gang-related slaying of 6 in B.C. highrise

This is what Eileen Mohan has been saving years' worth of vacation hours for.

Almost six years since her son Chris Mohan and five others were killed in a Surrey highrise, three of the gangsters accused of committing one of the most heinous murders in B.C. history will stand trial Monday.

Matthew Johnston and Cory Haevischer will be at British Columbia Supreme Court in Vancouver to each face six counts of first-degree murder and one count of conspiracy to commit murder while Quang Vinh Thang (Michael) Le faces one count of first-degree murder and one count of conspiracy.

Together with Dennis Karbovanec (who pleaded guilty to second-degree murder in 2009) and Jamie Bacon (one of the Bacon brothers who will stand trial separately), they are accused of killing Edward Narong, 22, Corey Lal, 21, his brother Michael Lal, 26, and Ryan Bartolomeo, 19, in a gang-related slaying inside an apartment at the Balmoral Tower on Oct. 19, 2007. Innocent bystanders Chris Mohan, 22 (who lived in the building), and Ed Schellenberg, 55 (a repairman), were also murdered.

MATT KIELTYKA/METRO IN VANCOUVER, WITH FILES FROM CANADIAN PRESS

A body is carried out of the Balmoral Tower following the killing of six people in Surrey in October 2007. METRO FILE

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Our efforts to ensure our learning environment is relevant and inclusive are paying off. The number of self-declared undergraduate Aboriginal students has increased by 15 per cent over the past year. Students of Aboriginal descent now represent more than 10 per cent of the total undergraduate student body.

That's good news for First Nations and Métis peoples in Saskatchewan – and for our province's future.

GROWING NUMBERS

- ✓ 1,019 – Number of self-declared Aboriginal students University-wide (Fall 2010)
- ✓ 1,293 – Number of self-declared Aboriginal students University-wide (Fall 2012)

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Africa. Nigerian students executed while they slept

Suspected Islamic extremists attacked an agricultural college in the dead of night, torching classrooms and shooting dozens of students as they slept in dormitories, the school's provost said — the latest violence in northeastern Nigeria's ongoing Islamic uprising.

The attack, blamed on the Boko Haram extremist group, came despite a 4 1/2-month-old state of emergency covering one-sixth of the country. Recent violence has led many to doubt assurances from the government and the military that they are winning Nigeria's war on the extremists.

Provost Molima Idi Mato of Yobe State College of Agriculture said that there were no security forces protecting the college. Two weeks ago, the state commissioner for education had begged schools and colleges to reopen and promised they would be guarded by soldiers and police.

Idi Mato said as many as 50 students may have been killed in the assault that began about 1 a.m. Sunday in rural Gujba.

Most schools in the area closed after militants on July 6 killed 29 pupils and a teacher, burning some alive in their hostels, at Mamudo outside Damaturu.

President Goodluck Jonathan condemned the attack on TV. He said he wondered whether the victims were Muslim or Christian.

Boko Haram leader Abubakar Shekau has said that his group wants to end democracy in Nigeria and allow education only in Islamic schools. Boko Haram means "Western education is forbidden."

Its uprising poses the biggest security challenge in years to the country. Nigeria is Africa's most populous nation with more than 160 million people — almost equal numbers of which are Muslims and Christians. THE ASSOCIATED PRESS

Too young

18-22

Provost Molima Idi Mato of Yobe State College of Agriculture said most victims were between age 18 and 22.

Kenya. Authorities make 12th arrest in mall siege as citizens demand info

Kenya's security services made another arrest Sunday in connection with the deadly Westgate mall attack, said a top official, who declined to say how authorities believe the person was involved.

Kenya has arrested 12 people since the attack but three have been freed, Interior Minister Joseph Ole Lenku said during a press conference. He declined to say if any of those arrested had been in the mall during the attack.

The four-day siege, which included the collapse of part of the mall, left 67 people dead, according to officials. Two of the dead were Canadians. The Red Cross says 59 people remain missing, though the government puts that number at zero.

Kenyans have become increasingly frustrated over the government's unwillingness to share information about the attack. Almost no details have been released about what happened after the first hours of the siege. THE ASSOCIATED PRESS

Sonali Shah, right, whose fiancé was killed in the Westgate Mall attack, is consoled during a prayer in Nairobi on Sunday. SAYYID AZIM/THE ASSOCIATED PRESS

Car bomb kills dozens to cap off lethal week

Pakistan. Explosion shreds popular bazaar, lighting old wooden structures ablaze

A car bomb ripped through a crowded street in Peshawar's oldest bazaar Sunday, killing 40 people in the third blast to hit the troubled Pakistani city in a week, officials said. No one immediately claimed responsibility for the attack.

The explosion appeared to have been caused by a bomb planted in a parked car and detonated by remote control, said police officer Zahid Khan. It went off near a mosque and a police station, damaging the house of worship and nearby shops and engulfing many vehicles in flames, police said.

At least 40 people were killed and 90 wounded, said Jamil Shah, a spokesman for Lady Reading Hospital, where the victims were taken.

The dead included 14 members of a single family who were visiting Peshawar to plan a wedding, along with their driver and an assistant, said relatives.

A bookshop owner, Nazar Ali, had just opened his shop when the bomb went off.

"It was a huge blast that was followed by fire in vehicles. Thick black smoke covered the air and splinters spread all over. I saw people lying dead and bleeding all over," he said.

Many of the old buildings in the historic Qissa Khawani market are made of wood, which easily caught fire, said senior police officer Shafqat Malik. THE ASSOCIATED PRESS

Victims by the score

Such attacks in Peshawar have claimed more than 140 lives since last Sunday, when two suicide bombers blew themselves up in a crowd of worshippers at a church, killing 85 people.

- **On Friday,** 19 people died when a bomb planted on a bus carrying government employees exploded in the Peshawar outskirts.

Nearby front

United States continues drone strikes

Also in northwestern Pakistan, two missiles from an American drone hit a compound in North Waziristan on Sunday, killing three militants affiliated with the Punjab province branch of the Pakistani Taliban, said two intelligence officers.

The Pakistan government condemned both the bomb blast and the drone attack. THE ASSOCIATED PRESS

A Pakistani man carrying a child rushes to safety shortly after a car bomb exploded in Peshawar on Sunday. MOHAMMAD SAJJAD/THE ASSOCIATED PRESS

The plan to disarm Syria

Inspectors who will oversee Syria's destruction of its chemical weapons said Sunday their first priority is to help the country scrap its ability to manufacture such arms by a Nov. 1 deadline — using every means possible.

The chemical-weapons inspectors said that may include smashing equipment with sledgehammers, blowing up delivery missiles, driving tanks over empty shells and running machines without lubricant so they seize up and become inoperable.

On Friday, the UN Security Council ordered the Organization for the Prohibition of Chemical Weapons (OPCW) to help Syria destroy its chemical weapons by mid-2014.

On Sunday, inspectors met with media in The Hague to explain their current plan of action. An initial group of 20 leaves for Syria on Monday.

"This isn't just extraordinary for the OPCW," said spokesman Michael Luhan. "This hasn't been done before: an international mission to go into a country which is involved in a state of conflict and amid that conflict oversee the destruction of an entire category of weapons of mass destruction.

"This is definitely a historical first."

An OPCW military expert said access to weapons sites in or near rebel-held territory would be dealt with on a case-by-case basis, with the UN possibly negotiating safe passage.

"It may be that we are not in a position to go to some of these places," he said. "Our inspectors are all volunteers. This is not a mission that will be carried out come what may." THE ASSOCIATED PRESS

Tonnes to destroy

1,000

The U.S. and Russia agree that Syria has roughly 1,000 metric tons of chemical-weapons agents and precursors, including blister agents such as sulfur and mustard gas, and nerve agents like sarin.

Government officials project that the medical marijuana industry in Canada could eventually see revenues of $1.3 billion a year. TORSTAR NEWS SERVICE FILE

Medical weed supply reborn as free market

Health Canada. Under the new system, users will get their pot from large-scale farms that are RCMP-certified

The Conservative government is launching a $1.3-billion free market in medical marijuana this Tuesday, eventually providing an expected 450,000 Canadians with quality weed.

Health Canada is phasing out an older system on Monday that mostly relied on small-scale, homegrown medical marijuana of varying quality, often diverted illegally to the black market.

In its place, large indoor marijuana farms certified by the RCMP and health inspectors will produce, package and distribute a range of standardized weed, all of it sold for whatever price the market will bear. The first sales are expected in the next few weeks, delivered directly by secure courier.

"We're fairly confident that we'll have a healthy commercial industry in time," Sophie Galarneau, a senior official with the department, said in an interview. "It's a whole other ball game."

The sanctioned birth of large-scale, free-market marijuana production comes as the Conservatives pillory Liberal Leader Justin Trudeau's campaign to legalize recreational marijuana.

Health Canada is placing no limits on the number of these new capital-intensive facilities, which will have mandatory vaults and security systems. Private-dwelling production will be banned. Imports from places such as the Netherlands will be allowed.

Already 156 firms have applied for lucrative producer and distributor status since June, with the first two receiving licences just last week.

The old system fostered only a cottage industry, with 4,200 growers licenced to produce for a maximum of two patients each. The Mounties have complained repeatedly these grow-ops were often a front for criminal organizations.

The next six months are a transition period, as Health Canada phases out the old system by March 31, while encouraging medical marijuana users to register under the replacement regime and to start buying from the new factory-farms.

The profit potential is enormous. A gram of dried marijuana bud on the street sells for about $10 and Health Canada projects the legal stuff will average about $7.60 next year, as producers set prices without interference from government.

THE CANADIAN PRESS

Current users

37,400

There are currently 37,400 medical marijuana users recognized by Health Canada, but officials project that number will swell to as many as 450,000 people by 2024.

Space storms. Canadian satellite could hold big payoff for GPS industry

The aurora borealis may look pretty as it dances across the northern sky, but a Canadian satellite is about to study a nasty side lurking behind that beauty.

The small hybrid satellite, with a multi-purpose mission, blasted off on Sunday from Vandenberg in California on board a Falcon 9 rocket developed by SpaceX, a commercial space company.

The satellite will take a closer look at the Earth's upper atmosphere and allow scientists to collect new data on space storms.

Greg Enno, of the University of Calgary, says the CASSIOPE (Cascade SmallSat and Ionospheric Polar Explorer) satellite will study the effect of solar storms on radio communications, satellite navigation and other ground-based technologies.

Why is that important? "Because the sun sends out big plumes of energy from its surface and they wallop our atmosphere and its magnetic field and affect GPS users — especially aircraft," Enno said. "It actually changes their position. And that's one of the reasons why we can't use GPS to land aircraft.

When plasma and particles from the sun enter the upper atmosphere they usually cause the stunning northern lights, but they also affect things like hydroelectricity systems and GPS users. In 1989, it caused a blackout in Quebec for several days.

Enno said data collected by CASSIOPE during its two-year mission should make it a lot easier to predict the impact of solar storms on Earth.

"The biggest winners from our sets of data is the GPS industry because their measurements may be accurate enough so they can use it for all sorts of stuff like landing aircraft, but also Hydro people because they don't want to be surprised and have a network go down," Enno said. THE CANADIAN PRESS

Solar storms can result in northern lights, but they can also affect GPS users and hydroelectricity systems. THE CANADIAN PRESS FILE

Retail

Grocery wars heat up with mergers, new competition

The battle to bag your supermarket business is fiercer in 2013 than it has been in years, with grocers pulling out all the stops to get both price-savvy and health-conscious consumers through the checkout.

The overhaul of food retailing this year is the backdrop to the Grocery Innovations Canada conference, which starts Monday in Toronto. For two days, Canada's largest grocery industry trade show will host 5,000 retailers and experts dealing with mega-mergers, rapid floor-space expansion and new entrants into the once-quiet sector. "It's a tough game to be in now," says Kevin Grier, senior market analyst at the George Morris Centre in Guelph, Ont. TORSTAR NEWS SERVICE

Ad campaign

Girl Scouts try recruiting via social media

The Girl Scouts of the USA is launching an unorthodox recruitment campaign featuring Michelle Obama, aimed at reversing a long-running decline in participation by girls and adult volunteers. Instead of placing ads on TV or in newspapers, the decentralized campaign will unfold in neighbourhood initiatives and on social media. THE ASSOCIATED PRESS

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RCMP BARBIE: STEREOTYPES GALORE

URBAN COMPASS

Hilary Nelson
saskatoon@metronews.ca

Last week, the RCMP Heritage Centre in Regina unveiled the second iteration of an RCMP-themed Barbie doll, Canada Barbie. Yes, second — the first plastic figure to wear the Red Serge (albeit ill-fitting) was Canadian Barbie, way back in 1988.

This updated Barbie has a bit more tailoring than its predecessor but still prefers an unbound head of hair and high-heeled boots, verboten among the flesh-and-blood Mounties. Part of the Dolls of the World series, Canada Barbie duly represents all that is Canada — or at least a narrow slice of Canada recognizable to outsiders without resorting to other Canadian symbols like maple syrup or beavers.

RCMP Barbie is an easy signifier that doesn't require too much explanation; Mattel ticks off the Canada box on its Dolls of the World list and moves on.

We get short shrift when it comes to Barbie representations — aside from the first iteration of Canadian Barbie, the only other collectible Barbie to allude to Canada was the stylish Winter in Montreal Barbie, issued fashionably late in 1999, a year after the ice storm.

I'm not much of a Barbie proponent, but it would be nice to see at least a couple of more attempts at displaying a bit of the variety Canada has, and I'm not talking about multiple unfortunate versions of Eskimo Barbie.

Barbie has a lot of history to unpack, however, more than will fit in your average Glamour Camper or this column.

Suffice it to say I am not surprised, nor do I fault the RCMP officers who, in the midst of widespread allegations of sexual misconduct within the ranks, feel that a conventionally passive, stereotypical doll valued for its physical attributes and issued in their image is an insult. Many of the allegations stem from an assumption that women in the RCMP are not serious about their jobs and are only there for window dressing and to serve the needs of others.

Women do not lack for reminders that in many arenas, appearance comes first and aptitudes second, and I don't think RCMP Barbie is here to be judged on her policing skills. For one, the Red Serge is a dress outfit, not the uniform of an officer on duty. Barbie also doesn't come with any props — not even a notebook to write Ken up for expired plates on his Porsche.

This RCMP officer is for display only, a token representation of Canada and a nod to our brightly coloured national police service.

While I am sure the majority of Canada Barbies will be relegated to the display shelf, part of me hopes at least a couple of intrepid Mountie Barbies will be having adventures in the RV with Computer Engineer Barbie and President Barbie. Staying strictly within the speed limit, of course.

For display purposes only

Many of the allegations stem from an assumption that women in the RCMP are not serious about their jobs and are only there for window dressing and to serve the needs of others.

ZOOM

Space oddity: Noctis Labyrinthus

COURTESY NASA/JPL/UNIVERSITY OF ARIZONA

Red Planet lookin' a little blue

Judging by this image of our neighbouring world, Mars isn't always the "Red" Planet. Taken by NASA's Mars Reconnaissance Orbiter (MRO), the photograph shows the colourful area of the Noctis Labyrinthus region, perched high on the Tharsis rise in the upper reaches of the Valles Marineris canyon system. METRO

Valles Marineris stretches east-west just below Mars's equator. COURTESY NASA

The grand, grand, *grand* canyon

Covering nearly a fifth of the circumference of Mars, the Valles Marineris is the largest canyon system on the planet. Spanning a colossal 4,000 kilometres, the canyon system can reach depths of 10 kilometres, and is at some points 200 kilometres wide. If the system were located on Earth, it would stretch across the U.S., from L.A. to the Atlantic coast. METRO

Falling into the abyss

The Valles Marineris system is believed to be the result of the formation of the nearby Tharsis volcanic region, home to Olympus Mons, the solar system's largest volcano. As the region swelled with magma billions of years ago, the planet's crust stretched and split, collapsing into a vast, deep canyon. METRO

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Three weeks into its Canadian debut, Kickstarter Canada's been funding everything from alien adventure/action games to animated shorts to new technologies you never knew you needed. Meet the products you probably don't need, but will feel super cool having.

CONTRIBUTED

Polar Pen:

With 17 days left to go, the "world's first" modular magnetic pen has already reached more than 3,000 per cent of its funding. Not only would the silver (or 24K gold) bits look hot on your desk, they'd also give you something to play with when writer's block hits.

Peachy Printer:

Again with the "world's first," this 3D printer claims to be among the cheapest ($100) and smallest 3D printers (that also doubles as a scanner). The pared-down design keeps the cost of the device low without using cheap parts. Twenty-one days left — and almost 1,000 per cent funded — to get in on the action.

AppSeed:

From sketch to prototype with just a smartphone, the AppSeed helps designers turn their ideas into functioning models. With 10 days to go and $13,000 up, these Toronto-based designers are at 45 per cent of the $30,000 goal.

Comments

RE: Are U.S. border guards 'anti-Canadian'? Published online Sept. 27

Canadians need to stop going down to the States. Do your shopping here, vacation in Canada or anywhere other than the States. After about a year of the boycott, the Americans will be crying for Canadians to come back. If the Americans want our business, then it is them that need to smarten the Border Guards up and treat us with respect. The same goes for the Canadian Border Guards, they too are in need of smartening up pills. **Dinorex, posted to metronews.ca**

Must be a slow news day. I'm sure there are CBSA employees that hate arrogant yanks, or bus drivers that hate old people, driving instructors that hate teenagers, etc. A little time on the Internet and you'll find a forum where someone behind an alias (hey — like me!) is crapping on someone else. It's hardly newsworthy. **Guesswhosback, posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: saskatoonletters@metronews.ca

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iTunes Festival

Justin Timberlake

Venue. Live from the Roundhouse in London, U.K.

The problem with live streaming is the technical difficulties. Would have loved to tell you how awesome Justin Timberlake's opening Only When I walk Away was, but I could only hear it. Crowd seemed to love it. But it wasn't until the next song, Sexy Back, when the technical glitches resolved and I could see Timberlake, surrounded by blazing purple and red lights and smokin' hot in a black suit (but no tie), white penny loafers and fedora. Timberlake was backed by a quartet of singers and a pit of musicians, including brass and electronic. Dude still has moves, paying homage to Michael Jackson as he went and still has pipes, his gorgeous falsetto hitting the high notes in Cry Me a River with ease. Watching the concert through the iTunes store means getting close enough to see every sweat drop run down Timberlake's face. He gave the crowd what they wanted – a mix of old hits and songs from his upcoming album The 20/20 Experience – Part 2, which drops today. ELISHA DACEY/METRO

EACH MONDAY IN SEPTEMBER, METRO REVIEWED ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON – AND STREAMING ONLINE IN HD – THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. P.T. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONEWS.CA

Going light on the legal

Interview. Franklin & Bash is set in the courtroom but it's more about the relationship between the two lawyers

NED EHRBAR
Metro World News in Hollywood

Franklin & Bash is a show about lawyers sans all that legal stuff. CONTRIBUTED

Mark-Paul Gosselaar and Breckin Meyer are currently enjoying the third season of their comedy-drama legal series, Franklin & Bash, about two — let's say unconventional — young attorneys. They're so comfortable that it can be tough to distinguish them from their characters sometimes, except, as Gosselaar points out, Meyer's Jared Franklin is much funnier than Meyer himself.

There are a lot of shows about lawyers. What makes this one unique?

Mark-Paul Gosselaar: I think what separates our show most is the relationship between the two guys, Franklin and Bash. When I was pitched the show, I had just come off a TNT show playing an attorney, so the last thing I wanted to do was play another attorney. But being an attorney and the law aspect of the show sort of takes a back seat really to the relationship between these two guys. And that, I think, isn't in lawyers shows as much as they are in cop shows, maybe, or some other genres. But I think that's the first time that I read a script about two lawyers who have this sort of relationship — and I'd like to say that we came out before Suits because Suits has sort of the same dynamic.

Breckin Meyer: And I think the thing you don't get when you're dealing with these "case of the weeks," the one thing we have with the show — and it's because of the relationship — is the fun, is the comedy. It's not like Airplane, it's not a satire of a legal show. It's just that these guys are younger than most lawyers that they go up against, younger than the judges, and they tend to go about it in... a feistier way. If that means Jerry getting drunk during a cross-examination or Peter making out with one of the witnesses to win the case, so be it. They're kind of still feisty.

After three seasons, how comfortable are you in the roles?

Gosselaar: I think we're pretty comfortable, but also I think that we still, to this day, are very hard on ourselves, and I think we're very hard on the show in terms of trying to produce a product that we enjoy being on and that the fans will enjoy. I don't think we're comfortable in the sense that it's the third season and we're just sort of letting the show manifest into itself. I think we're still very much a part of it and we're still hungry. We only do 10 episodes a season, so for us in three seasons, we've done basically a season and a half of a network show. So for us it doesn't feel like we've done that much. A lot has happened in three years. I mean, Breckin is old now.

Meyer: And you don't stop aging. It's insane.

Gosselaar: I drink blood. I drink Breckin's blood, actually, that's how. Our characters are a magnification 100 per cent of who we are in real life. What we play on television is not too far from the type of people that we are, but they're completely magnified. I like to work out, I like to feel good about myself and look good, but Peter takes it to a whole other level. Breckin is kind of funny in real life, but he's really funny on the show.

How much time have you actually spent in a courtroom to research this job?

Gosselaar: For this job? None.

Meyer: And we'll say to Bill, our co-creator, a lot — like with me being drunk or whatever — we'll say, "What would happen if I really did that in court?" And he says, "You'd get thrown in jail," ... Bill says if you learn anything about the law watching our show, we're doing you a disservice.

Show

Where can you watch

- **Channel.** Franklin & Bash airs Mondays on Bravo.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

Bieber lays down the law while Gaga bickers online

STAR GAZING
Malene Arpe
scene@metronews.ca

Justin Bieber reportedly kicks out his buddies Lil Za and Lil Twist after some jewelry goes missing from his house. Perhaps now there will finally be room for Lil Suspenders and Lil Shirt to move in.

Pamela Anderson is going to be running the New York City Marathon. Unfortunately she will apparently not be doing so in slow-motion, wearing a red bathing suit.

Kevin Federline says that he will not allow Britney to haul their son Sean Preston on stage during her upcoming Vegas show. And if she doesn't heed him he'll immediately retain a lawyer using her money.

Robert Pattinson brought a "mystery brunette" to a friend's birthday party. It was either that or the "intrigue redhead," but she was busy at an anniversary brunch.

Kanye West complains that six years ago Fendi ignored his design for leather jogging pants. In Fendi's defense let's not forget that Kanye's collection of cement hats was a severe disappointment.

Miley Cyrus says Justin Bieber should keep his shirt on and stop acting crazy. That explains why my kettle and my pot just threw up from laughing and then exploded.

Gerard Butler, Nikolai Coster-Waldau and Geoffrey Rush will play Set, Horus and Ra in The Gods of Egypt. Because nothing says sacred Egyptian mythology like a bloated Scot, a skinny Dane and an Australian pirate.

Lady Gaga and Adam Levine get into a twitter war that starts out being about the nature of art but quickly devolves into grammar shaming. It's exactly like that time when Picasso and Hemingway wrote angry notes to each other in the margins of the afternoon paper.

Funny gal Wilson finds out that jokes don't twerk well for Miley's people

Maybe Miley Cyrus doesn't have that much of a sense of humour about her public image in the wake of her MTV Video Music Awards performance. Rebel Wilson says she was set to introduce Cyrus at the iHeartRadio Music Festival in Las Vegas last week but bristled at having her material censored. "Their management got a copy of my jokes of what I was going to say, and I was banned from saying the jokes," Wilson tells Jimmy Kimmel during an interview. Britney Spears ended up welcoming Cyrus to the stage. "But the jokes weren't that bad," Wilson insists. "It was like, 'Miley Cyrus got to the top through her raw talent and hard twerk.' It wasn't even that bad."

Miley Cyrus
ALL IMAGES GETTY

Forty-eight per cent of children aged 11 and older have a cellphone. ISTOCK

Book excerpt

Smartphone vs. kids

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Smartphones. Do kids need one? I go back and forth on this one. While it's great that we can use our smartphones to stay in touch with our kids, it's not so great that they can use their smartphones to stay in touch with us. When I need to get a hold of them, it's important. When they need to get a hold of me, it's usually to ask me to do something. I don't need them to have immediate access in one of those scenarios. According to a President's Choice survey, 48 per cent of children 11 and older have a cellphone. Take my advice and teach them how to use this cellphone in a safe and polite way. Just because we blazed the trail by using these marvels of technology in cars, while walking across busy streets, and in the middle of romantic dinners, does not in any way mean we have to pass on these rude and dangerous methods to our children. Help put the "smart" back in smartphone. **FROM I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS BY KATHY BUCKWORTH, PUBLISHED BY MCCLELLAND & STEWART, 2013. AVAILABLE AT BOOKSTORES EVERYWHERE.**

Exclusively online

The McCafé is a parent's play place. Find out why with exclusive Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious bestselling book Reasons Mommy Drinks, at metronews.ca/voices.

Balancing act: Finding fam time

Book. Don and Debra MacMannis share tips on how to strengthen family ties

Parents might often feel they are running a daily gauntlet, from backpacks and breakfast in the morning to bedtime tuck-ins. But every now and again, parents should take a few minutes to check in with each other and their children.

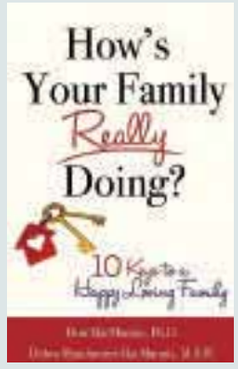
One therapist couple, Don and Debra MacMannis, have 10 tips in a new book — How's Your Family Really Doing? — they say are needed to create lasting bonds

Don, a child psychologist who also writes music for children, says the book was inspired after 35 years of families reaching out for help, often asking the same questions.

The couple had some advice on how families can form stronger ties, starting with taking time to connect.

The in-between times
Catch moments in between — like driving in the car, eating a snack, walking the dog — to share thoughts and feelings with your loved ones.

Tip



Use voicemail, email or texts to send your love or to check in on how your partner's day is going. Little gestures help us feel loved.

Be affectionate
Too many parents give all of their love and attention to the kids. Make a conscious decision to be more affectionate with your partner. Remember the early days of courtship when you held hands, kissed and hugged hello and goodbye (and then some), shared back rubs or cuddled up on the couch? Do that again.

There are easy ways to bring your family members closer together. ISTOCK

Just listen
Deeply listening to one another can be a profound way to reconnect if distance has crept between you. If you are the listener, make eye contact, take deep breaths to keep yourself centered, and remember not to give unsolicited advice.

Every bit counts
Words and gestures can also be affectionate. We obviously feel more loved when complimented rather than criticized. Use fun nicknames and don't forget to say the precious words: "I love you." **METRO**

Teen Wolf mom hosts web series for parents

Alicia Coppola. GETTY

You may know her primarily as the werewolf mom of Derek Hale on MTV's Teen Wolf, but now Alicia Coppola is taking on another parenthood role that is slightly more traditional.

The actress will host a brand new web series titled, Alicia Coppola on Parenthood Today.

The spots will run weekly on Parenthood Today TV, a parenting website offering video guides covering topics related to family and child care.

In each short episode, the L.A.-based mother of three (this does not include werewolf offspring) will offer answers to questions about pregnancy, baby names, parenting techniques and sibling rivalry.

The web series isn't her only extracurricular activity, though. Coppola recently published her first book, Gracefully Gone.

In the memoir, she describes her decade-long journey of dealing with her father's struggle with cancer.

It's a topic that's close to her heart and one that she plans on exploring in the Parenthood Today web series. Coppola will discuss ways to help children cope with the loss of a loved one.

"It is all too often, unfortunate and sad that the children of a sick parent become collateral damage," she says. "This is not due to neglectful parenting or lack of love; neither the children nor the parents are to blame. The disease is to blame. ... It is imperative that we treat these children and their grief with extra love, hugs, honesty and respect."

Tune in to the online channel for the 20 webisodes, scheduled to be released on a weekly basis over the coming month.
METRO

Bye-bye barbecue season

Ingredients

- 1/2 cup water
- 1 tsp kosher salt
- 1 tsp smoked paprika
- 1/2 tsp ground black pepper
- 1 1/4 lbs boneless, skinless chicken breasts (about 3), cut into 1-inch chunks
- 1 1/2 bananas
- 1/2 cup ketchup
- 1 to 2 whole fresh jalapenos (for less heat, split them open and remove the seeds and ribs)
- 2 tbsp red wine vinegar

1. In a large zip-close plastic bag, combine the water, salt, paprika and pepper. Close the bag and shake to blend, then add the chicken. Seal the bag, then turn to coat the chicken. Refrigerate for 30 minutes. If using wooden skewers for the kebabs, soak them in water while the chicken brines.

2. Meanwhile, in a blender or food processor, combine the bananas, ketchup, jalapenos and vinegar. Puree until very smooth. Set aside.

3. When ready to cook, heat the grill to medium-high. Use an oil-soaked paper towel held with tongs to oil the grill grates.

4. Remove the chicken from the brine, then thread the pieces onto 4 skewers. Grill, turning regularly, until cooked through, about 12 minutes total. Using a basting brush, lightly coat the kebabs on all sides with chili-banana sauce, then grill for another minute. Transfer the kebabs to serving plates, then drizzle with additional sauce. THE ASSOCIATED PRESS

Chicken Kebabs with Banana-Chili Sauce

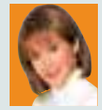
This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Correction

Friday's Beekman Boys article wrongly identified The Beekman 1802 Heirloom Dessert Cookbook as the couple's first book release. It is actually its second.

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Salad is great for those trying to eat healthy, but additions may cost you in calories and fat if you're not careful. PHOTOS: MIKE MCCOLL, FROM ROSE REISMAN'S CHOOSE IT AND LOSE IT (WHITECAP BOOKS)

Milestone's Grilled Chicken Salad

1,040 calories/ 82 g fat
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Equivalent

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'Round the world wisdom

Facing adversity one step at a time

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Life's challenges often loom larger than they really are — we get overwhelmed by what needs to be done then bury our heads and do nothing at all. Not because we don't want to work out a solution, but because we can't figure out where to start.

What we need to do: break down the problem into bite- size chunks.

After I signed up to run the Gobi desert, I had to start … running. I asked people who should know for tips about the best way to prepare and they told me, "go at it one step at a time."

I took three million steps during training. I ran for most of it and when exhaustion hit, I walked. When I became injured I adapted my training regimen, running in a pool to reduce the impact on my shins that badly needed rehab.

When I crossed the starting line in the Gobi, I wasn't thinking about how I was going to run six marathons in five days. I focused on one race at a time. When that got to be too much, I thought about making it to the next 10-kilometre checkpoint, then to just the next flag. When there was no steam left, I concentrated on taking just one more step.

It took me 600,000 steps to cross the finish line. For most of the race I never envisioned that finish line. My mantra was, "OK, one more step."

If you're overwhelmed by an issue staring you in the face, start the journey to a resolution by taking that first small step — and then another, and another, moving ultimately to that giant leap forward.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Focus not on the path, but the prints you're leaving along the way. ISTOCK

A new set of rules to rule the working world

The career ain't gonna come to you.

Prepare to put yourself out there in the very public rat race of today

DAN SCHAWBEL
Metro World News

In today's economy, you need to create your own career path instead of relying on a company to create one for you. You need to be accountable — at the end of the day, your success or failure depends on how hard you work, how fresh your skills are and the value you deliver. You are competing not just against your peers, but against everyone in the world.

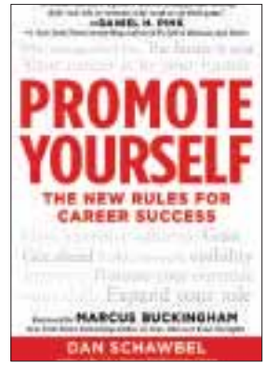
Positions exist today that didn't five years ago, and jobs of the past have since been automated. We are playing by a new set of rules and by learning them, you can stand out and get ahead. Here are four of the new rules, as mentioned in my new best-selling book, Promote Yourself: The New Rules for Career Success.

Your job description is just the beginning
If all you do is your job, you can't get ahead at work. Instead, you need to constantly prove yourself, over-deliver on your work and take on new responsibilities whenever possible.

Your reputation is the single greatest asset you have
As you move from job to job and company to company, the one thing you get to take with you is your reputation. If you build a strong reputation, the opportunities will find you.

Your personal life is now public
How you present yourself online can affect how people perceive and treat you at work. Your personal and professional lives are merged. Think about how you want co-workers who are friends on Facebook to perceive you before you post.

Your boss's career comes first
Although you are accountable for your own career, your boss's trajectory can make a difference. If your manager isn't successful, it will be hard for him or her to support you.



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Jays' season ends much as it began

MLB. Toronto falls to Tampa Bay to close out underachieving year with 74-88 record

The Blue Jays acknowledge the crowd during their final game of the season. JON BLACKER/THE CANADIAN PRESS

Wasted season or expensive experimental test run?

The much-vaunted 2013 Toronto Blue Jays returned to the drawing board after a season rife with underachieving closed Sunday. Questions abound after the dismal campaign.

"We got off to a slow start and obviously it continued the entire year," GM Alex Anthopoulos said by way of understatement.

The season opened April 2 with a home sellout of 48,857 fans at Rogers Centre who saw a 4-1 loss to Cleveland.

Fast-forward to Sunday and only two players — shortstop Jose Reyes and catcher J.P. Arencibia — remained in the starting lineup. And Reyes missed some 66 games in between with an ankle injury while Arencibia came into the season finale batting .195 with 21 home runs and 147 strikeouts in 473 at-bats.

It seemed fitting that prior to the ceremonial first pitch Sunday, the PA system played Pick Up the Pieces by the Average White Band.

The Jays finished last in the American League East at 74-88, compared to 73-89 last season when they finished fourth in the division. Fan Appreciation weekend closed out with an exciting but failed comeback in a 7-6 loss to the Tampa Bay Rays before a loud crowd of 44,551.

Despite Sunday's six-run rally, it has been a rocky road for the Jays — and a long way from the optimism of spring training.

"It's an exciting season. Everybody's seen the moves," star outfielder Jose Bautista said back in February. "All the bodies are here now. It's all on us now to perform.

"We love that challenge and we have a confident, good group of players together. I think we're going to go out and have a lot of fun and hopefully we remain healthy. If all that happens, the season should take care of itself. We should be in the playoffs and hopefully the World Series."

The expected starting rotation — R.A. Dickey, Mark Buehrle, Brandon Morrow, Josh Johnson and Ricky Romero — cost $46.75 million alone.

It went south quickly, finishing with a combined 30-36 record — with Dickey and Buehrle accounting for 26 of those wins. THE CANADIAN PRESS

Wild finish to the regular season

The Texas Rangers forced a one-game tiebreaker for the second AL wild-card spot, winning their seventh in a row Sunday when Geovany Soto hit a tiebreaking RBI double and later homered to beat the Los Angeles Angels 6-2.

- The Rangers (91-71) added game No. 163 to the regular season, and will host Tampa Bay on Monday night. The winner plays two days later at wild-card leader Cleveland in another win-or-be-done matchup.

NFL. Manning, Broncos dismantle the Eagles

Peyton Manning made quick work of the Philadelphia Eagles in a game that was billed as fast-break football at its finest.

The Denver Broncos scored more points than they ever had in their 54-year history on Sunday, blowing out the Eagles 52-20 behind Manning's four touchdown throws and two special-teams scores. With two TD passes, Manning completed all but a half dozen of his 34 throws for 327 yards.

THE ASSOCIATED PRESS

Broncos receiver Wes Welker scores a touchdown on Sunday in Denver. GETTY IMAGES

NFL. Seahawks swoop in to steal win from Texans

Steven Hauschka kicked a 45-yard field goal in overtime to give the Seattle Seahawks a 23-20 win over the Houston Texans on Sunday and the first 4-0 start in franchise history.

The Seahawks got the win on their second drive in overtime after rallying from a 20-3 deficit.

The Seahawks rallied to tie it at 20-20 on an interception return for a touchdown by Richard Sherman in the fourth quarter. THE ASSOCIATED PRESS

Seahawk Kam Chancellor breaks up a pass intended for the Texans' Owen Daniels. THE ASSOCIATED PRESS

Basketball

Thomaidis leads Canada to worlds

Canada's women's basketball team had to settle for a silver medal after losing 79-71 to Cuba in the FIBA Americas championship final on Saturday, but despite the loss, the team — led by University of Saskatchewan head coach Lisa Thomaidis — still earned a spot at the 2014 world championship.

"I'm proud of how hard they competed tonight; right down to the final minutes we were in a position to win, but Cuba deserves full credit for a tremendous game," said Thomaidis.

Canada clinched a spot in the 2014 world championship with a win over Puerto Rico in the semifinals. THE CANADIAN PRESS

CJFL

Defence propels Hilltops to victory

The Saskatoon Hilltops improved to 5-1 after narrowly edging the Edmonton Wildcats 8-6 on the road in Canadian Junior Football League action Sunday afternoon.

No touchdowns scored throughout the game, with the Hilltops getting all their offence from two field goals

The Hilltops and Wildcats will go at it once again next weekend, this time in Saskatoon. METRO

WHL

Blades bumbling to start season

The Saskatoon Blades are still looking for their first win of the 2013-14 season.

After dropping both games in a home-and-home series with the Prince Albert Raiders to start the season, the Blades fell 5-2 to the Moose Jaw Warriors Saturday night at Mosaic Place.

Defence will be a focus moving forward, with the Blades allowing five or more goals in all three games they've played this season.

The Blades will once again look to get into the win column when they return home to face the Red Deer Rebels on Tuesday.

This will be the first time this season, Saskatoon will match up against a team not based in Saskatchewan.

METRO

Horoscopes

♈ Aries
March 21 - April 20
Both at home and at work you will know if others are telling the truth or tell fibs – no way will they fool you. If you do catch someone out in a lie make sure they pay for it.

♉ Taurus
April 21 - May 21
You may be in a trusting mood but don't let your generosity blind you. Some people will happily rip you off if they think they can get away with it. Don't let them..

♊ Gemini
May 22 - June 21
The planets warn you must not push yourself too hard this week, so cut yourself some slack and get some enjoyment from life.

♋ Cancer
June 22 - July 23
Be who you want to be and do what you want to do. That, in a nutshell, is the message of the stars this week and if you follow it you won't go far wrong. You may also earn some extra money.

♌ Leo
July 24 - Aug. 23
Only you know how hard you have strived to reach your current position, so don't let those who are a bit too free and easy with their criticisms get you down. What do they know? Not nearly as much as you.

♍ Virgo
Aug. 24 - Sept. 23
Some kind of offer will come your way this week and if you are smart you will snap it up. You may be shy and retiring by nature but you know a good thing when you see it – and this is first class.

♎ Libra
Sept. 24 - Oct. 23
Take care you don't spend too much on luxury living today. If you do you may be in for a shock a few weeks from now when money is much harder to come by. Is it essential? If not, don't buy it.

♏ Scorpio
Oct. 24 - Nov. 22
Family, friends and colleagues will rally round today to show they are behind you one hundred per cent. Whatever you want you will find a way to get it. More likely though, someone will get it for you.

♐ Sagittarius
Nov. 23 - Dec. 21
You may not be entirely happy with the direction your life is going but there is no need to panic. The tide is turning in your favour, so be happy!

♑ Capricorn
Dec. 22 - Jan. 20
Your confidence is sky high at the moment and you only have to walk down the street to turn heads. Why? Because when you feel great on the inside you look great too.

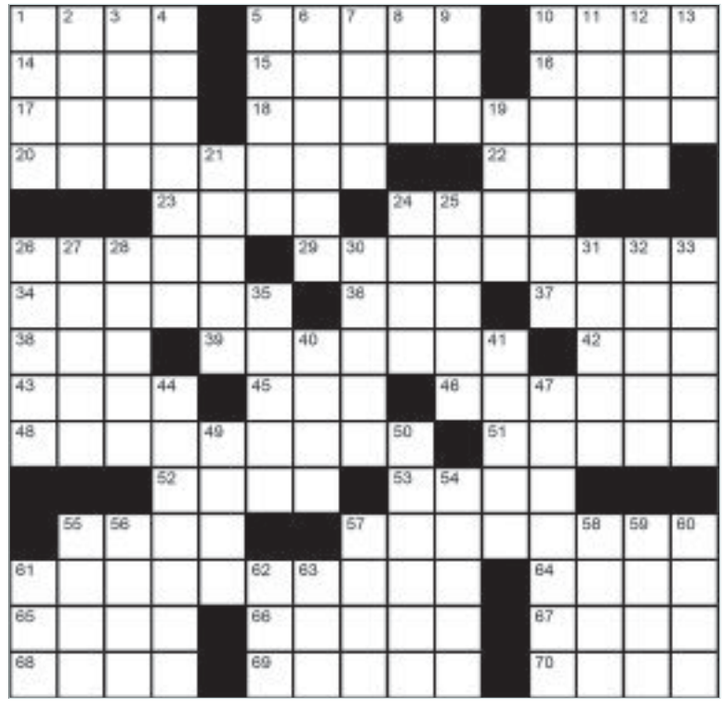
♒ Aquarius
Jan. 21 - Feb. 19
Even if you don't have an idea what is going on around you at the moment act as if you do. Create the illusion that you are in control. It's surprising how easily people are fooled.

♓ Pisces
Feb. 20 - March 20
If you get the chance to travel this week, maybe to a place you have never been before, don't hesitate or hang back. Life is supposed to be an adventure, so be bold and be the one who does something different. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

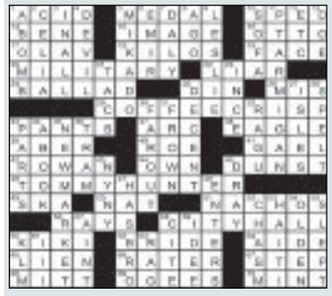
BY KELLY ANN BUCHANAN



Across
1. Foretoken
5. Light rains
10. Scratch
14. __ passu (Impartially)
15. Really got to or bothered: 2 wds.
16. Chess piece
17. Culture†medium
18. Plastic surgery procedures: 2 wds.
20. Je me __ = I remember (Quebec licence plates slogan)
22. Actor Stephen, and surname sakes
23. "...so long __ __ both shall live?"
24. Scoundrel
26. Line: French
29. Show like "Dragons' Den" in The States: 2 wds.
34. Jerusalem's locale
36. Mr. Roth
37. "Divine Secrets of the __-__ Sisterhood" (2002)
38. Irish coronation stone, __ Fail
39. "__ Mysteries" on CBC
42. Bert Bobbsey's twin
43. 24-hr. bankers
45. Wet dirt
46. Operate
48. British Columbia city
51. Pops
52. Office phone lines, for short
53. Regarding: 2 wds.
55. Spa treatment, mani-__
57. Canadian Charter of Rights and __
61. Group of Seven painter, Franklin __ (b.1890 - d.1945)
64. Milk, in Montreal
65. Actress Jessica
66. Comic strip, For Better or For __
67. French 101 verb
68. Imagine, archaically
69. "Boy __ World" ('90s TV series)
70. Canadian telecommunications firm

Down
1. Pampering places
2. Othello villain
3. Grey, in Germany
4. Grunge greats
5. "Ahoy, __!"
6. Apple songs
7. School terms, for short
8. Scottish hat
9. Particular pen
10. 'C' in SPCA
11. Ricky Martin smash: "Livin' La Vida __"
12. Approves, quick-style
13. Month segments [abbr.]
19. "Star __"
21. "_ __ to recall that..."
24. Gloriole
25. Love Story author Mr. Segal
26. Fragrant scent
27. "..._ __ _ plane?" (Superman-spotting question)
28. Tiny weights
30. Ms. Hopper of Hollywood's heyday gossip
31. Milk, vitamins _ __ _ added
32. Spiral-horned antelope
33. Surnamesakes of Orson Welles' most famous role
35. "Network" (1976) director Sidney
40. Floor coverings
41. Urgency
44. Oprah's longtime love
47. Mr. __ (Soup brand)
49. Nero's 62
50. Most unique
54. Tennis great Monica
55. Pallid
56. Actress, Kathryn __
57. Food assortment
58. Vow
59. Ms. Sorvino
60. Goulash
61. Crow cry
62. Uniquely-spelled mountain basin
63. Flat-bladed tool

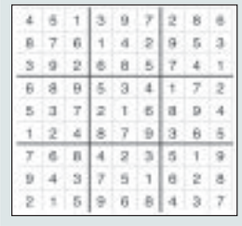
Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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